

Governor's Health Award Application

Appendix E

Riverside Elementary School
Menomonee Falls

A Mile a Day - The Riverside Way

Dear Staff:

On January 5, we will begin the "*Mile a Day*" walking program. To ensure success:

1. An information note is being sent home. Children do not have to return a parent signature, but should any parent call you with questions please feel free to direct their questions to me.
2. The walking program is open during any recess. On these days, children need to walk a total of 8 laps around the playground over the course of the day.
3. The program is "on your honor", but will be accompanied by a score card where students can record laps walked per day. The "on your honor" system is being used so this program is not a burden to you; however please do your best to monitor student's honesty. If a student does not walk the required laps in one day, they can be made up on another day.
4. On our playground 8 laps = 1 mile. When students have walked their laps please have them fill out their "Mile a Day" card for that day (see attached).
5. If a student completes their card (meaning they have walked enough laps to equal a mile per day) they will qualify for a half hour of open gym time at the beginning of the following month. Example: walk the required laps for January and receive open gym the first week of February.
6. Open gym times will be at 9:00 and 3:00 on the first Thursday of every month (if these times do not work for you, I will find something that will). Students will be asked to turn in their completed card for entry into the gym at either of the listed times.

Special note: The "*Mile a Day*" program is to be motivational and fun. Please do not make it competitive or a means of punishment. Encourage the children to see how much fun they can have while getting fit. And, why not join the children once and awhile?

Thanks for all your help and understanding! I truly feel these are important programs for our students, but I am always looking for suggestions or comments.
---- Chad

A "Mile a Day"

The Riverside Way

Dear Parent / Guardian:

Physical activity for all children is important for overall development and success in the classroom (see opposite side). As a result, we are implementing a new walking program called "*A Mile a Day*" here at Riverside.

The "*A Mile a Day*" program provides opportunity for all children, grades K to 5 to walk for fitness. "*A Mile a Day*" will be held during all recesses every day of the week. The walking course will be on the playground, where 8 laps around the perimeter equals one mile.

Your child needs no special equipment or shoes to participate. Simply have your child dress appropriately for the weather. Each child is free to walk as little or as much as he/she desires in the designated time. "*A Mile a Day*" is non-competitive.

Awards will be given when children have walked the equivalent of one mile per day. If a student completes their card (meaning they have walked enough laps to equal a mile per day) they will qualify for a half hour of open gym time at the beginning of the following month. Students will have a card to record their progress which will be kept in their classroom. Example: walk the required laps for January and receive open gym the first week of February.

We think your child will enjoy the "*A Mile a Day*" program. If you have any questions or DO NOT want your child to participate, please feel free to call me at 262-946-2287. Walking will begin on January 5, 2009.

Sincerely,

Mr. Stigler